

Behavioral Patterns Indicating a Potential Mental Health Problem

Note: Everyone exhibits some of these behaviors some of the time. Look for **significant changes, patterns, and/or severity**.

Mood

- Appearing sad, empty or flat
- Loss of interest or pleasure in most activities
- Tearful
- Anxious, nervous or jittery
- Uncontrolled or irrational worry
- Angry, irritable or moody
- Dramatic shifts in mood from highs to lows
- Feeling hopeless or trapped
- Lower confidence or self-esteem

Thinking

- Problems with memory or concentration
- Confused or irrational
- Unable to make basic decisions
- Racing thoughts
- Intensely elevated self-esteem
- Hearing or seeing things that others don't
- Bizarre beliefs or those that aren't reality based; telling stories that lack evidence or seem untrue
- Paranoia

Behavior

- Lethargic, easily fatigued or unmotivated
- High-risk or self-destructive behaviors, including buy sprees, gambling or unscheduled travel
- An intense desire to stay at home or in a place deemed safe
- Avoidance of stressful activities
- Hyperactive or unable to sit still
- Changes in physical appearance or hygiene
- Rapid, slurred or disorganized speech

Physical

- Changes in appetite; weight loss or gain
- Sleeping too much or too little; difficulty falling or staying asleep
- Intense fatigue, sleepiness
- Muscle tension, headaches
- Feeling restless or on edge
- Feeling panic: accelerated heart rate, shaking, shortness of breath, feelings of doom or being out of control
- Chronic unexplained physical symptoms: stomachaches, joint pains, nausea
- Struggling with a chronic health condition

Behavioral Patterns Indicating a Potential Mental Health Problem

Note: Everyone exhibits some of these behaviors some of the time. Look for **significant changes, patterns, and/or severity**.

Relationships / Work / Life Stressors

- Multiple unpredictable or uncontrolled stressors
- Major losses: death of a loved one or job loss
- Relationship problems or conflicts with others
- Less communication or social interactions
- Unexplained absenteeism or tardiness
- Declining performance or productivity
- Anger, negativity, or disrespectful behavior, including threatening words or actions
- Less engaged during virtual meetings
- Change in tone of emails and conversations
- Reluctant to use camera when working remotely
- Offline more, slower to reply to emails, late logging on for meetings

If you have detected patterns suggesting someone is struggling with a significant mental health problem, you have the opportunity to take action. Consider consulting with the Caterpillar EAP. Call **1-866-228-0565** or find more information and global access numbers at [CaterpillarEAP.com](https://www.caterpillar.com/eap).